

COLL. GAT

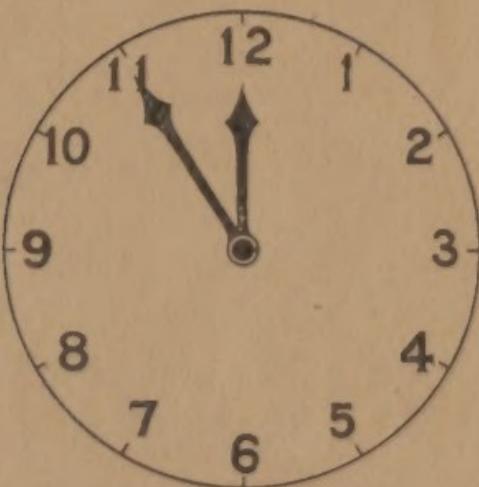
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MEMORANDUM

IT IS TIME



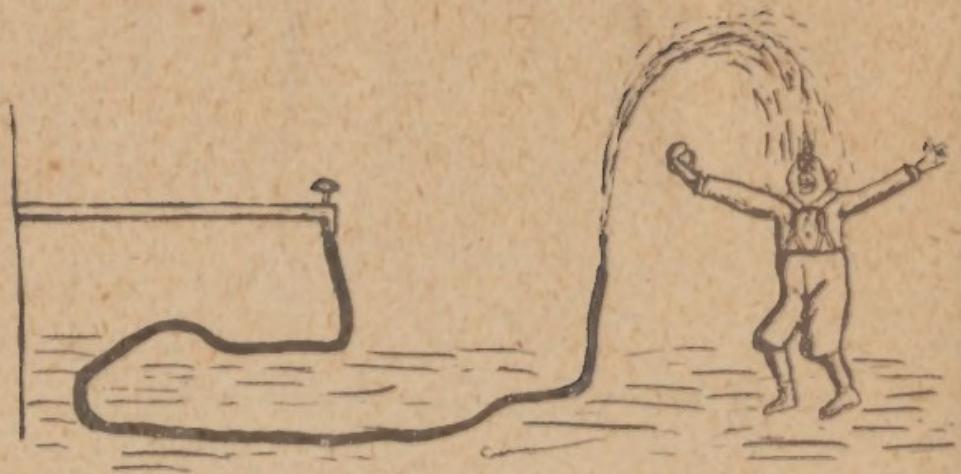
TO BE WELL

**ANTI-TUBERCULOSIS LEAGUE
OF CINCINNATI
AND
FREE DISPENSARY**

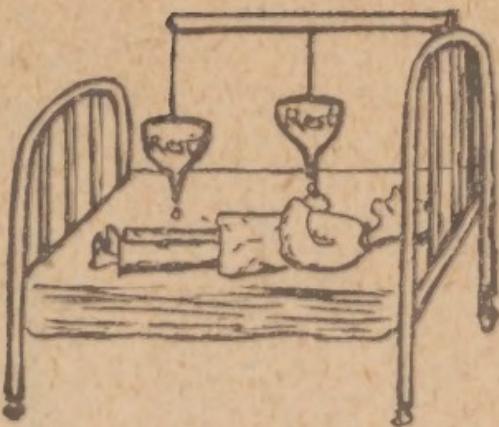
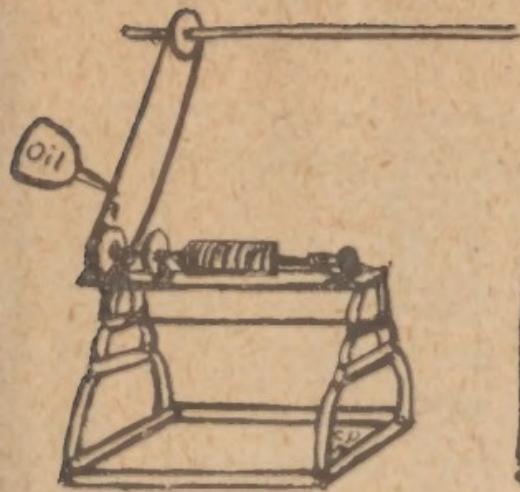
**HOURS: 12 to 2 Daily, Except Sunday.
Also, on Mondays Only, 7 to 8 P. M.**

Mix fresh air, sunshine,
good food and rest,
Of all good prescriptions
you'll find this the best.

NLM



Water purifies the system. Drink
several quarts every day.



Rest to the body is like oil
to the machine.



If your house is dark or damp, move your camp!



The careless spitter sows
disease.



Dry sweeping spreads disease.



Keep the sun out and you will let
the doctor in.

